

Using Positive Behavior Support at Home

◆ *Consider...*

- What challenging behaviors would you like to change that your child/children exhibit?
- During what settings, routines, or times of day do these behaviors tend to occur?
- What behavior would you like to see from your child/children in these settings, during these routines or times of day?

◆ *These settings, routines, and times of day are often stressful for families...*

- Getting ready for school
- Meal time
- Helping with chores
- Getting dressed/using bathroom
- Getting ready for bed
- Shopping
- Car/ bus riding
- Family outings
- Out with Friends
- Babysitter coming
- Eating out at a restaurant
- Any others you can identify?

◆ *Analyze these routines and settings by asking (see attached example) ...*

- How likely is a problem behavior to occur during this routine?
- What is the specific behavior that tends to occur?
- What is the “pay off” for the child for this behavior?
- How do I respond to this behavior?
- How might my behavior contribute to my child’s/children’s behavior?
- What other things might contribute to the behavior?

◆ *Develop a Home Behavior Matrix (see attached example) with specific positively stated expectations for those routines.*

Select expected behavior. Describe it concretely to avoid misunderstanding. State positively.

- Begin with priority routines or settings, when/where problem behaviors are most likely to occur.
- Focus on what you want to see, not what you don’t want to see.
 - Example of positively stated expectation: “Eat with fork and knife.”
 - Example of negatively stated expectation: “Don’t eat with hands.”

◆ *Teach and model expectations for your child/children during routines and in settings.*

◆ *Acknowledge and praise your child/children when you observe expected behaviors.*

- **Remember - Acknowledgement and praise for desired behavior should occur more often than negative reactions to unwanted behavior!**

*Activity adapted from **Promoting Positive Behavior through Family and Community Partnerships**, presented by Kiki McGough and colleagues with Colorado School-wide Positive Behavior Support. July 16, 2007 at the OSEP Project Directors Conference.

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